High-Pressure Method

HMK'S CALDO DE PRESSURE COOKER

A Two-Part Method for Perfect Broth and Tender Vegetables.

18295-001

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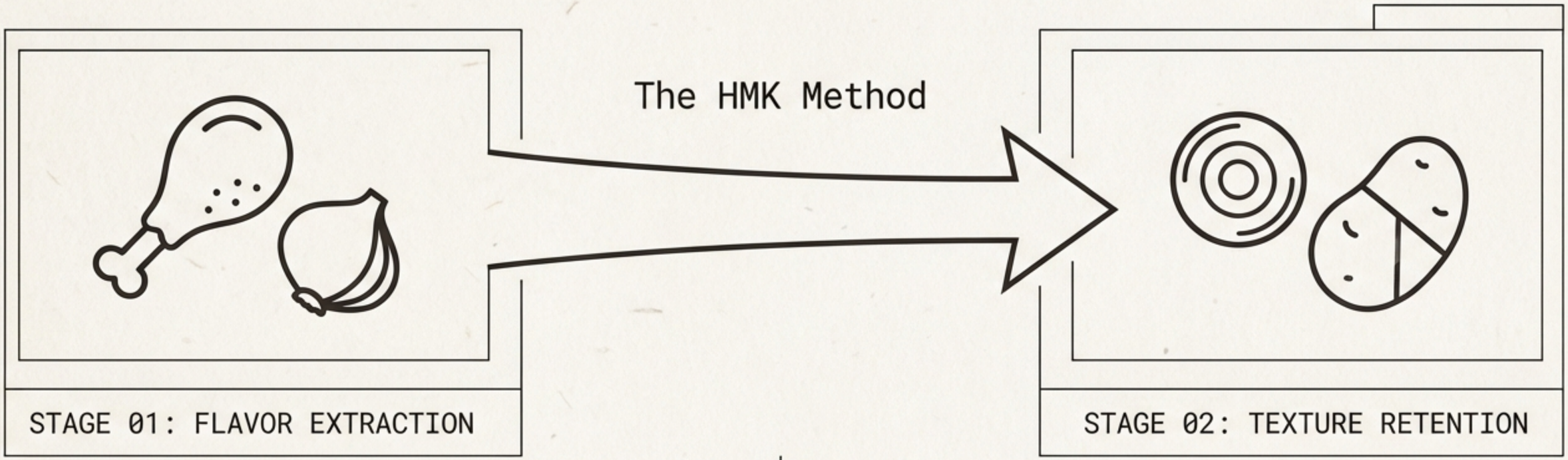
The Two-Stage Principle

The key to exceptional caldo is separating the cooking process. We use two distinct, timed stages: a long cook to build a deeply flavorful broth and tenderize the chicken, followed by a short cook to perfectly finish the vegetables without them turning to mush.



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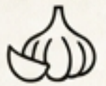
Bill of Materials

PROTEIN

- Bone-in Chicken Pieces *2-3 lbs*

AROMATICS

- Large White Onion *1/2, chunked*



- Garlic Cloves *3-4*

- Fresh Cilantro *1 bunch, divided*

LIQUID & SEASONING

- Water or Broth *8-10 cups*

- Bouillon Cubes (optional) *1-2*

- Salt, Cumin, Pepper *2 tsp, 1 tsp, 1/2 tsp*

VEGETABLES

- Carrots *4 medium*

- Potatoes *3-4 medium*

- Zucchini or Chayote *2-3*

- Corn (optional) *2-3 ears*

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PART 01

BUILDING THE FLAVOR FOUNDATION

EST. TIME: 40-50 Minutes (Includes Natural Release)

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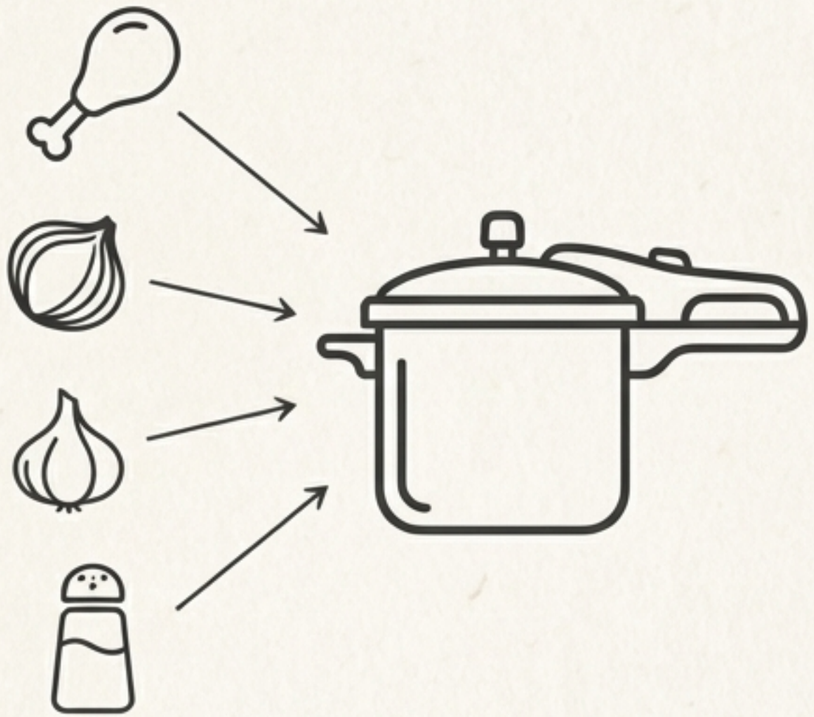
SERIAL NO. 001: Combine & Pressurize

In the pressure cooker pot, combine the chicken pieces, 8 cups of water/broth, onion, garlic, half of the cilantro bunch, salt, cumin, pepper, and optional bouillon cubes.

Lock the lid and bring the pot to HIGH pressure over medium-high heat.



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SERIAL NO. 002: The Long Cook

25-30

MINUTES AT HIGH PRESSURE

CRITICAL STEP: PRESSURE RELEASE

Allow pressure to release **NATURALLY**. Do not vent. This slow process takes 15-20 minutes and is essential for developing a rich, clear broth and ensuring the chicken is exceptionally tender.

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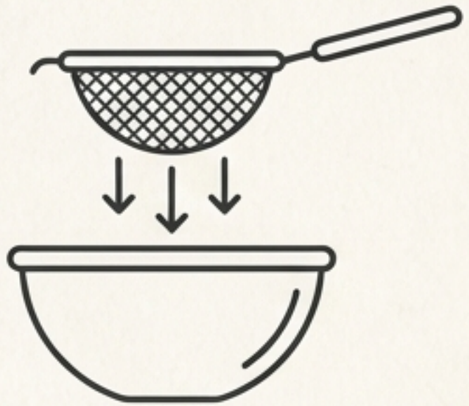
SERIAL NO. 003: Deconstruct & Prepare

1. **REMOVE CHICKEN:** Use tongs to carefully remove chicken pieces to a cutting board. Let cool, then shred with two forks.

2. **STRAIN BROTH (OPTIONAL):** For a clearer soup, strain the broth to discard the cooked-down onion and garlic.



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PART 02

THE VEGETABLE FINISH

EST. TIME: 10-15 Minutes (Includes Quick Release)

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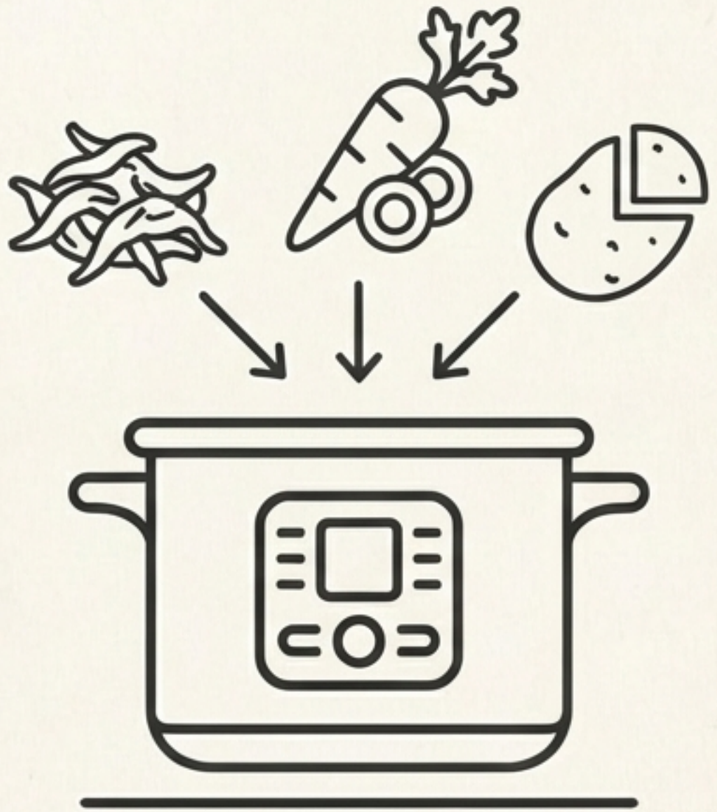
SERIAL NO. 004: Add Vegetables

Return the shredded chicken to the pot of broth. Add all the vegetables: carrots, potatoes, zucchini, and corn.

Lock the lid and bring the pot back to HIGH pressure.



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SERIAL NO. 005: The Quick Cook

8-10

MINUTES AT HIGH PRESSURE

CRITICAL STEP: PRESSURE RELEASE

Use the **QUICK RELEASE** method by carefully turning the valve to the venting position. This immediately stops the cooking cooking and is the key to preventing overcooked, mushy vegetables.

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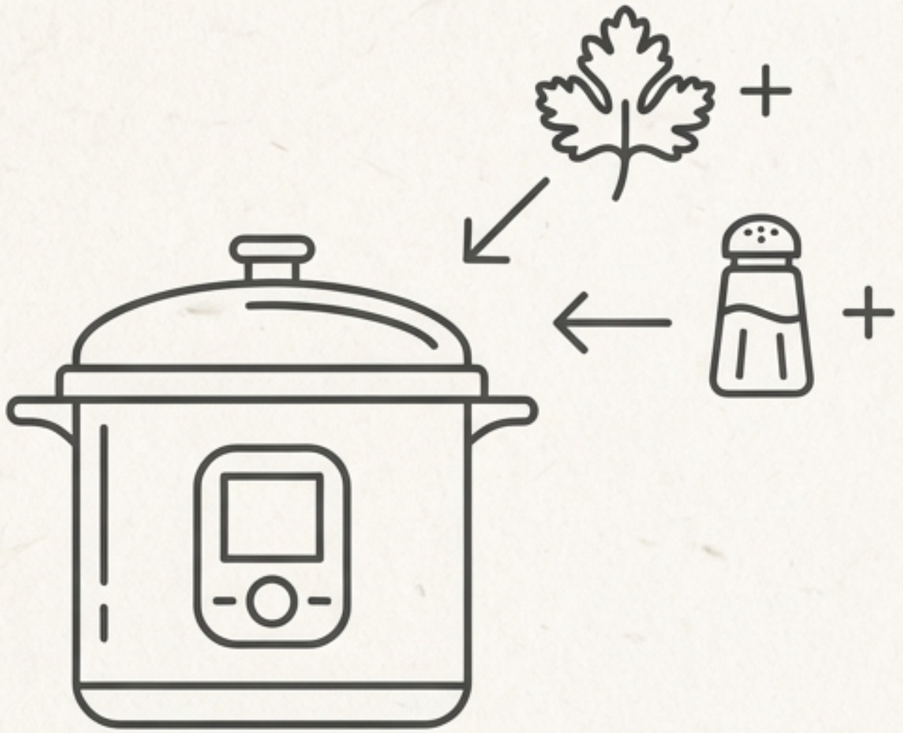
SERIAL NO. 006: Finish & Season

1. ADD CILANTRO: Stir in the remaining half of the fresh cilantro. Its fresh flavor brightens the entire dish.

2. TASTE & ADJUST: Taste the final caldo. Adjust seasoning with additional salt and pepper if necessary.



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SERIAL NO. 007: Assembly & Serving

Ladle the caldo, with plenty of chicken and vegetables, into large bowls.

The final, essential flavor is a generous squeeze of fresh **LIME** juice into each bowl.

Optional Toppings:

- Chopped Cabbage
- Avocado Slices
- Cooked Rice
- Hot Sauce

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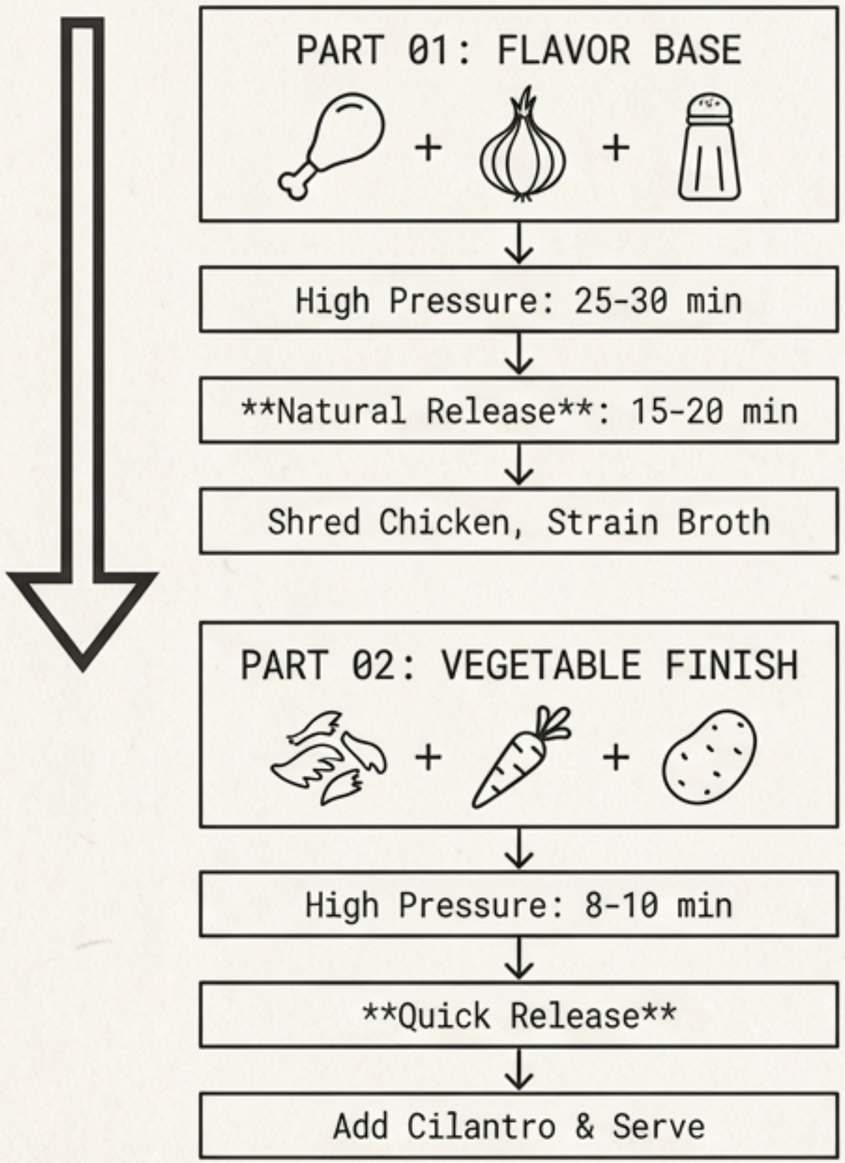
Recipe Schematic: At a Glance



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The Method is the Message: A Tale of Two Cooks

FOR FLAVOR

25-30 MIN

Natural Release
(slow, gentle)

Target:
Chicken & Broth

FOR TEXTURE

8-10 MIN

Quick Release
(fast, abrupt)

Target:
Vegetables

Master the timing, master the caldo.

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